

Marcy S. Wood, B.A Kinesiology, 1997 CU-Boulder; M.A. Professional Creative Writing, 2022 DU-UCOL

Employment

- Zoga Wellness, LLC dba Ouray Yoga dba Ouray Studio June 2012 - Present
Owner, Yoga and Fitwall Studio, Personal Trainer
- Loveland Yoga & Core Fit August 2009 - May, 2012 Taught vinyasa classes based on the Corepower Fusion model.
- Gold's Gym, Loveland, CO November 2009 - March 2012 Hatha Flow Yoga, Sub Indoor Cycling and Sculpt Classes as needed.
- YMCA of Longmont Ed & Ruth Lehman Center 1997 to 2009 Personal Trainer, Get Fit Trainer. Clients ranged from weight loss to seniors. Kickbox, BootCamp, Aerobics, Step, Indoor Cycling, Strength, Water Aerobics Instructor Lead Yoga Instructor Developed previously unsuccessful schedule into a popular yoga platform.
- Corepower Yoga March 2006- August 2006
Lead Corepower C1, C2 Vinyasa yoga, Yoga Sculpt and Hot Fusion classes. I completed the 30 hour internship within 18 classes.
- 1991 - 1997: Jack Lelane Fitness Center, San Diego, CA, The Pulse, Boulder, CO, Women's Rowing: USD, CU-Founder.

Certifications and Trainings:

23 years of Certifications, 1000+ hours of yoga teaching

- *J•Pilates, J•Barre* - Pilates Reformer & Barre Certification by Lacy J Jan/Feb 2023
- *Shambhava Center* - 300 hour - Yoga Alliance Approved Advanced RYTShoulder Girdle - September-December 2009 - 60 hour; Advanced Hip - January - March 2010 - 60 hour
Yoga for Healing April 2012 - 60 hour; Ayurveda and Marma Points - February 2012 - 45 hour
Meditation I - March 2014 - 60 Hour, Ayurvedic Lifestyles - November 2014 - 60 Hour;
Meditation II - October 2018 - 45 Hour
- *Various - FMT* - RockTape Certified: Sept 2018; *Wilderness First Responder*: April 2018;
Mindful Yoga Therapy for Veterans: Jan. 2014; *TRX*: Nov. 2012; *Bender Barre Pilates*: Oct. 2012;
- *Yoga Alliance* 200E-RYT, 500RYT: 2013; YACEP 2019
- *Postural Restoration Institute* -
Myokinematic Restoration: Lumbo-Pelvic-Femoral Pathomechanics; July 2011
Postural Respiration: Abdominal-Diaphragm Muscle Integration; October 2011
Cervical-Cranio-Mandibular Restoration: strength & stability for the head & neck instabilities;
Nov 2011
- *Corepower Yoga* 200-hour Certification – RYT: October, 2006 Teacher-Training; Apr, 2007 - Hot Fusion Training; March-May, 2007 – Internship; June, 2007 Sculpt Training
- *Shiva Rea* Yoga 2 X 4 day intensives: November, 2006 Time, Fluid Power March, 2007 Om Time, Marma Nadi Chakra within Vinyasa
- *American Fitness and Aerobic Association (AFAA)* certified
Personal Trainer (1999); Kick box Instructor (2001); Yoga Instructor 80 hours (2003); Aerobic Instructor (2000); Practical Pilates (2006); Indoor Cycling (2007)
- *YMCA of the USA* certified: Group Exercise (1997); Resistance Training (1997); Interval Training (1998); Silver Sneakers ROM (2006) & Fall Prevention (2007); Advance Resistance (2001) Yoga Ball (2002); Core Muscle (2006); Interval Training (1998) Stability Ball (2001) Indoor Cycling (2004)